

## Appendix A

### **Recommended Additional Resources and: References and resources reviewed during the making this workforce wellness toolkit**

#### **Recommended Additional Resources**

##### **American Diabetes Association**

Diabetes Risk Test - All About Diabetes

Take this diabetes risk test to see if you are at risk for having diabetes.

[www.diabetes.org/risk-test.jsp](http://www.diabetes.org/risk-test.jsp)

##### **American Heart Association**

Heart Attack/Coronary Heart Disease Risk Assessment

The Risk Assessment Tool is for people age 20 or older who do not already heart Disease

[www.americanheart.org/presenter.jhtml?identifier=3003499](http://www.americanheart.org/presenter.jhtml?identifier=3003499)

##### **Center for Disease Control and Prevention**

The Center for Disease Control and Prevention has one of the best websites available for information on how to live healthier. It contains thousands of helpful articles and links to websites that are sure to answer any question you may have about health and wellness. Time spent browsing this website is time well spent!

[www.cdc.gov/index.htm](http://www.cdc.gov/index.htm)

##### **Health Resources Online**

Online bookstore for healthcare professionals, targeting niche areas and healthcare management topics.

[www.healthresourcesonline.com](http://www.healthresourcesonline.com)

##### **Health Status**

Health Risk Assessments and Health Calculators

HealthStatus.com provides free online health assessments.

[www.healthstatus.com/](http://www.healthstatus.com/)

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### **Mayo Clinic**

Medical information and tools for healthy living.

Mayo Clinic offers award-winning medical and health information and tools for healthy lifestyle.

[www.mayoclinic.com](http://www.mayoclinic.com)

### **NIH - Health Information**

[www.health.nih.gov](http://www.health.nih.gov)

### **Quick Resource:**

Partnership for Prevention: An Essential Health Promotion Sourcebook for Employers, Large and Small

[http://www.prevent.org/images/stories/Files/publications/Healthy\\_Workforce\\_2010.pdf](http://www.prevent.org/images/stories/Files/publications/Healthy_Workforce_2010.pdf)

### **Real Age**

Live Life to the Youngest with Real Age

[www.realage.com/](http://www.realage.com/)

### **WebMD**

Better information. Better health.

76 forums, health quizzes and consumer product updates.

Show stock quote for WBMD

[www.webmd.com](http://www.webmd.com)

### **Women's Cancer Network**

Cancer Risk Assessment Survey.

[www.wcn.org/risk/](http://www.wcn.org/risk/)

### **Wyoming Department of Health**

Our mission is to promote, protect, and enhance the health of all Wyoming citizens. The Wyoming Department of Health is the primary state agency for providing health and human services. We administer programs maintaining the health and safety of all citizens of Wyoming and our primary approach in solving health problems is prevention.

[www.health.wyo.gov](http://www.health.wyo.gov)

## Appendix A

### References and resources reviewed during the making this workforce wellness toolkit

#### Physical fitness:

1. <http://physicalfitness.org/nehf.html>
2. <http://possibility.com/PowerPause/>
3. <http://walkingguide.mapmyrun.com/>
4. <http://www.cdc.gov/women/planning/plan2.htm>
5. <http://www.cdc.gov/nccdphp/dnpa/stairwell/index.htm>
6. <http://physicalfitness.org/nehf.html>
7. <http://www.dot.state.wi.us/localgov/aid/bike-ped-funding.htm>
8. [http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/walkability/audit\\_tool.htm](http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/walkability/audit_tool.htm)
9. <http://www.acefitness.com>
10. <http://www.wellnesscouncilwi.org/>
11. [http://www.arkansas.gov/ha/pdf/worksites\\_wellness.pdf](http://www.arkansas.gov/ha/pdf/worksites_wellness.pdf)
12. <http://dhfs.wisconsin.gov/health/physicalactivity/gotdirt.htm>

#### Nutrition:

1. [http://www.eatsmartmovemorenc.com/resources/indiv/worksites\\_MM.html](http://www.eatsmartmovemorenc.com/resources/indiv/worksites_MM.html)
2. <http://health.nih.gov/>
3. <http://info.5adayatwork.net/>
4. <http://www.healthcollaborative.net/assets/pdf/vendingcriteria.pdf>
5. [http://www.eatsmartmovemorenc.com/resources/indiv/worksites\\_ES.html](http://www.eatsmartmovemorenc.com/resources/indiv/worksites_ES.html)
6. <http://www.co.tompkins.ny.us/wellness/worksites/workwell/snackbowl.html#obj10>
7. <http://healthyculture.com/>
8. <http://www.health.gov/DIETARYGUIDELINES/dga2005/document/pdf/DGA2005.pdf>
9. <http://www.cdph.state.co.us/pp/COPAN/resourcekits/WorksiteResourceKit.pdf>
10. <http://www.mayoclinic.com/health/water/NU00283>
11. <http://www.vtnohunger.org/cookingforlife/program.html>
12. <http://dhfs.wisconsin.gov/health/Nutrition/Breastfeeding/bffriendlycomm.htm>
13. [http://www.arkansas.gov/ha/pdf/worksites\\_wellness.pdf](http://www.arkansas.gov/ha/pdf/worksites_wellness.pdf)
14. [http://www.eatsmartmovemorenc.com/resources/indiv/worksites\\_ES.html](http://www.eatsmartmovemorenc.com/resources/indiv/worksites_ES.html)
15. <http://dhfs.wisconsin.gov/health/Nutrition/Breastfeeding/bffriendlycomm.htm>
16. <http://www.ctri.wisc.edu/Employers/employers.htm>
17. [http://www.ctri.wisc.edu/Employers/employers\\_Tools\\_&\\_Resources.htm](http://www.ctri.wisc.edu/Employers/employers_Tools_&_Resources.htm)
18. <http://www.mypyramid.gov/>

## Appendix A Continued

### **Tobacco Cessation:**

1. [http://www.tobaccofreeoregon.org/projects/miyb/actuarial\\_release.html](http://www.tobaccofreeoregon.org/projects/miyb/actuarial_release.html)
2. <http://www.endsmoking.org>
3. <http://www.smokefree.gov>
4. [http://www.cdc.gov/tobacco/research\\_data/environmental/etsguide.htm](http://www.cdc.gov/tobacco/research_data/environmental/etsguide.htm)
5. <http://www.gasp.org.uk/gasp-low.pdf>

### **General worksite wellness**

1. <http://www.ctr.wisc.edu/Home/Quit.Line.Home.html>
2. <http://apps.nccd.cdc.gov/crc/viewDetails.aspx?crc=63&crcids=61,4,62,5,63,65>
3. [http://www.arkansas.gov/ha/pdf/worksite\\_wellness.pdf](http://www.arkansas.gov/ha/pdf/worksite_wellness.pdf)
4. [http://www.businessgrouphealth.org/pdfs/issuebrief\\_nov2004.pdf](http://www.businessgrouphealth.org/pdfs/issuebrief_nov2004.pdf)
5. [http://www.welcoa.org/freeresources/pdf/aa\\_v5.6\\_mayjune06.pdf](http://www.welcoa.org/freeresources/pdf/aa_v5.6_mayjune06.pdf)
6. <http://www.cdc.gov/brfss/>
7. <http://www.surgeongeneral.gov/publichealthpriorities.html>
8. <http://www.eatsmartmovemorenc.com/Resources/wwtoolkit/committee.html>

## Appendix A Continued

Source: WellSteps Implementation Guide  
[www.WellSteps.com](http://www.WellSteps.com)

### Physical Activity Strategies

#### Physical Activity Low Cost Strategies

- Create a company culture that discourages sedentary behavior, such as TV viewing on breaks and sitting for long periods of time.
- Offer flexible work hours to allow for physical activity during the day.
- Support physical activity breaks during the workday, such as stretching or walking.
- Map out on-site trails or nearby walking routes.
- Host walk-and-talk meetings.
- Post motivational signs at elevators & escalators to encourage stair use.
- Provide exercise/physical fitness messages and information to employees.
- Have employees map their own biking or walking route to and from work.
- Provide bicycle racks in safe, convenient, and accessible locations.

#### Flexible work hours

- Physical activity breaks during the workday
- Map on-site trails or nearby walking routes.
- Host walk-and-talk meetings. Employees are encouraged to participate in “walking” meetings for short check-ins with other

staff and supervisors. Rather than sit in an office for a quick discussion, go for a walk in the hallway or on a short outside route to cover the same content, but in a nicer environment with the added benefit of a little physical activity

- Signs at elevators and escalators
- Map biking routes
- Provide bicycle racks

#### Physical Activity Medium Cost Strategies

- Provide shower and/or changing facilities on-site.
- Provide outdoor exercise areas such as fields and trails for employee use.
- Provide or support recreation leagues and other physical activity events (on-site or in the community).
- Start employee activity clubs (e.g. walking, bicycling).
- Explore discounted or subsidized memberships at local health clubs, recreation centers or YMCAs.
- Implement incentive-based programs to encourage physical activity, such as pedometer walking challenges.
- Provide outdoor exercise areas such as fields and trails for employee use. Try using the CDC’s step by step plan to creating a walking path at work

## Appendix A Continued

### Physical Activity Strategies Continued

#### Physical Activity High Cost Strategies

- Offer on-site fitness opportunities, such as group classes or personal training.
- Provide an on-site exercise facility.
- Provide incentives for participation in physical activity and/or weight management/maintenance activities
- Allow for use of facilities outside of normal work hours.
- Provide on-site child care facilities to facilitate physical activity.
- Offer on-site fitness opportunities, such as group classes or personal training
- Provide incentives for participation in physical activity and/or weight management/maintenance activities

### Nutrition Strategies

#### Nutrition Low Cost Strategies

- Send healthy food messages to employees via multiple channels (i.e. e-mail, posters payroll stuffers, etc.).
- Promote the fruit and vegetable consumption through motivational signs, posters, etc.
- Provide protected time and dedicated space away from the work area for breaks and lunch.

#### Nutrition Low Cost Strategies Continued:

- Offer appealing, low-cost, healthful food options, such as fruits and vegetables, juices and low-fat dairy products in vending machines, snack bars and break rooms.
- Promote healthy choices by increasing the percentage of healthy options that are available.
- Advertise or mark healthy options so that they stand out
- Ask on-site cafeterias to follow healthy cooking practices.
- Provide appropriate portion sizes and provide portion size information via food labeling.
- Offer healthful food alternatives at meetings, company functions, and health education events.
- Provide lactation education programs. Healthy food messages.
- Promote fruit & vegetable consumption
- Healthy food options in vending machines, snack bars and break rooms
- Promote healthy choices by increasing the percent of healthy options that are available
- Use competitive pricing to make healthier choices more economical
- Ask on-site cafeterias follow healthy cooking practices.

## Appendix B

### **Nutrition low cost Strategies Continued:**

- Ask on-site cafeterias set nutritional standards that align with dietary guidelines for Americans
- Offer healthful food alternatives at meetings, company functions and health education events
- Make water available throughout the day.

### **Nutrition Medium Cost Strategies**

- Make kitchen equipment (refrigerators, microwaves, stoves, etc) available for employee food storage and preparation.
- Offer local fruits and vegetables at the worksite (i.e. farmer's market).
- Facilitate on-site gardening.
- Provide interactive food opportunities such as taste testing, food preparation skills and peer-to-peer modeling.
- Establish workplace policies and programs that promotes and support breastfeeding.
- Provide an appropriate place for breastfeeding/pumping.
- Provide on-site gardening
- Provide interactive food opportunities such as taste testing, food preparation skills and peer-to-peer modeling
- Establish workplace policies & programs that promotes breastfeeding

### **Nutrition High Cost Strategies**

- Provide incentives for participation in nutrition or weight management activities (these can range from low cost items such as water bottles to high cost item such as health insurance rebates).
- Include the employees' family members in a campaign promoting fruit and vegetable consumption.
- Acquire refrigerated vending machines to facilitate offering healthier cold items (fruits, vegetables, low-fat yogurt, etc.)

## **Tobacco Cessation Strategies**

### **Tobacco Low Cost Strategies**

- Policy prohibiting tobacco use anywhere on company property.
- Provide prompts/posters to support no tobacco use policy.
- Promote the Tobacco Quit Line work hours.

### **Tobacco Medium Cost Strategies**

- Policy supporting participation in tobacco cessation activities during

### **Tobacco High Cost Strategies**

- Provide onsite individual or group counseling.
- Provide a health plan sponsored individual, group, or telephone counseling program.
- Provide cessation medications through health insurance. (800-QUIT-NOW).

